

Thursday, May 21<sup>st</sup> 2009, 7:30-8:30pm

## **Give and Take**

### *The Universal Rhythm*

All living organisms are dynamic beings in states of continual change. In our ever evolving universe, change becomes the one element that remains constant. In order to integrate all that each day brings forth, we must become adept at graciously accepting those lessons we are offered, while willingly letting go of the pieces that no longer serve us at the level of the soul.

Because we tend to live in a goal oriented society, we often dismiss the fact that our goals, also, will come and go. There is nothing physical that we can hold onto forever, as only spirit is eternal. Everything in the material world rises and falls in natural cycles of birth and death.

Giving and receiving is the ebb and flow that keeps our world in a state of balance at all times. We may not always experience the state of balance we prefer, but a state of balance is always present nonetheless. If all of our energy is focused only upon what we can take from the world, we will find ourselves having less natural energy to give. Where there is excess, there is sure to be deficiency as its balancing counterpart; one cannot exist in balance while the other is in a state of imbalance.

Becoming conscious of how energy is entering and exiting your system is key. If you find yourself in a position where you have to do something that you do not want to do, instead of resisting it, find at least one thing that you can consciously take from the experience – whether it be a lesson, skill or otherwise. If you are able to consciously take something from the experience, then you will continue to have ample energy to give. If you only complete the task because you have to, you will lose vital energy and feel depleted, with nothing left to give.

Imagine yourself as a constantly flowing vehicle of movement – with energy continually flowing in and out, in and out. You can practice recognizing how energy is entering and leaving your body by following your breath. Consciously take life into your body as you inhale, and then let it go again with each exhalation.

Check in with yourself regularly throughout the day to see where your energy levels are, and to modify them if necessary. If you are feeling agitated, frustrated or restless, you may be taking too much of the world in, and not letting enough go out. Look to see where you might be holding this excess energy within your system. Take as many deep breaths as necessary into the area(s) of tension, and use your gentle intention to release the energy fully through your out-breath. Continue to feel and observe that area until it is resting peacefully. If you find yourself tired, look to see where in your body and mind you may have been giving too much. When you find this area(s), consciously breathe life back in to reenergize and revitalize that space.

Keep a continual flow of energy at all times; if you find yourself receiving, think of ways that you can give of yourself in return. You will feel the happiest when you are receiving and contributing authentically, from your heart. Practicing conscious awareness will keep you in a replenished state of joy and contentment that you can then share with others as well.

### **Download Information:**

[www.livingyouessence.com/group](http://www.livingyouessence.com/group)

Username: group

Password: 2233